



CMDP NEWS



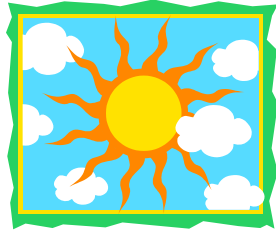
The Comprehensive Medical and Dental Program (CMDP)
A Program of The Division of Children, Youth and Families; Arizona Department of Economic Security
Bi-Annual Newsletter for Arizona's Foster Care Community

JUNE 2007

CMDP Ph#-602-351-2245, 1-800-201-1795

2ND EDITION

Welcome to the **Second Edition** of the **CMDP NEWS** for 2007!



CMDP Mission Statement:

"CMDP promotes the well being of Arizona's children in foster care by ensuring, in partnership with the foster care community, the provision of appropriate and quality health care services."

Member Materials

The CMDP Member Handbook, the Provider Directory and information on picking a primary care provider (PCP) for new members are in the **New Member Packet**.

The member handbook contains a section on **Member Rights and Responsibilities**. Members and foster caregivers should review these sections.

All CMDP materials are available to members and foster caregivers free of charge. Please contact Member Services to request any CMDP materials.

Vacation & Travel Planning

When traveling, always bring the CMDP ID card. Contact Member Services for help. **(Use the toll free phone number, 1-800-201-1795)** Even if providers are not registered with CMDP, present the ID card and tell them to bill CMDP. The billing address is on the ID card.

Have all prescriptions filled before leaving home. Plan to have enough medications for a trip or vacation and for children attending summer camps.

If you need a pharmacy while traveling, use one under contract with CMDP. It is best to use a Walgreen's pharmacy when traveling.

If you do not find a pharmacy or a health care provider that is willing to bill CMDP, keep all receipts and bills. Contact Member Services to get instructions for a full refund after your trip.



Equal Opportunity Employer Program. Under the Americans with Disabilities Act (ADA), the Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. For example, this means that if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. This document is available in alternative formats by contacting Member Services (602) 351-2245 or 1-800-201-1795. **Empleador/Programa con Igualdad de Oportunidades. Para obtener este documento en otro formato, comuníquese con Servicios para Miembros al 602.351.2245 o al 1-800-201-1795.**



Important Considerations Regarding Circumcisions

Routine newborn circumcision is not covered by AHCCCS, unless it is medically necessary. CMDP, as an AHCCCS health plan, follows the AHCCCS guideline.

The following reasons are not considered medically necessary since they are **not** related to the child's medical health:

○ **Ethical & Religious Issues**

Circumcision has significant ethical considerations and in many situations is performed because of religious implications

○ **Cosmetic Consideration**

Circumcision is a surgical procedure that changes the cosmetic appearance of the infant for life; many families feel very strongly that the male infant should have the appearance of the father, i.e. to be circumcised or not circumcised like their father or future adoptive or foster father

○ **Hygiene**

The American Academy of Pediatrics has concluded in their policy statement that there is "little evidence to affirm the association between circumcision status and optimal penile hygiene"

Complications:

The need for general anesthesia and operation room services results in an increased risk for patients undergoing circumcision; there is always a risk for complications from anesthesia, including those of a severe nature; therefore, it is important to determine that the surgery is medically needed, prior to exposing the child to undue risk

If you have any questions or concerns, please contact the Medical Services Unit.

CMDP Immunization Record/Growth Charts

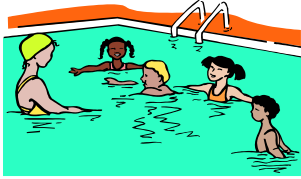
The Medical Services Unit has charts titled "**All About Me & EPSDT**". The charts were made for members ages newborn to 24 months old.

The charts are for recording all shots children get at each Well-Child Check-up given by the PCP. Children should receive a total of **10** Well-Child Check-ups and **26** shots by age 24 months (2 years old).



Each shot or immunization required for children at these visits is listed on the chart. The height and weight plus the date of the check-up can be recorded on the chart. There are spaces to place pictures of the child too! The chart serves as a great reminder to get the shots on schedule. The chart should be kept as a keepsake for the child.

Please contact the **Medical Services Unit** to request charts for all children in this age range (newborn to 24 months). CMDP is very proud to add this chart to the list of materials we provide to our members and foster caregivers at no cost. We look forward to your requests. So please call! **(602-351-2245, or 1-800-201-1795)**



Child Safety:

(1) Prevent Drowning

Children are naturally attracted to water. It's sparkly. Things float in it. It makes a great sound when you smack it.

But water can also be dangerous. Hundreds of children drown each year. The age groups at greatest risk are toddlers and adolescent males. For every child that drowns, another five require emergency department treatment for nonfatal submersions.

About 300 children under the age of 5 drown each year in U.S. swimming pools. At the time of such incidents, most victims were being supervised by one or both parents. Nearly 70 percent of the children were not expected to be near the pool when they were found in the water.

It takes only a few minutes for a child to drown. Most of the children who drown at neighborhood pools are out of sight for less than five minutes. What's more, drowning is a silent tragedy. There is no splashing to alert anyone that the child is in trouble.

The key to preventing these tragedies is to have multiple levels of protection. The following safety steps can help keep children safe around swimming pools:

- Fence in pool
- Install an alarm
- Cover it up
- Teach children to swim
- Remove toys
- Never leave a child unsupervised near a pool or in a home that has a pool
- Learn CPR



(2) How to Prevent Falls

In the course of their daily adventures, children have plenty of chances to fall down. Some simple precautions can help reduce their risk.

Has your toddler ever taken a tumble while trying to climb up to the cookie jar? Has your preteen ever miscalculated the physics involved in rocketing up a flight of hardwood stairs in socks? It takes more than luck to keep children from breaking a bone or needing some stitches before they grow up. Some simple precautions can help reduce your child's risk of getting injured in a fall:

Beware of heights: Don't let young children play alone on high porches or balconies

Keep stairs clear: Clutter on the stairs increases the risk of tripping and falling

Install safety gates: Block a toddler's access to stairs with safety gates; if you're putting a safety gate at the top of a staircase, make sure to attach it to the wall



Keep windows locked: Young children can squeeze through a window opened as little as 5 inches; screens aren't strong enough to keep children inside

Secure area rugs: Use foam carpet padding, double-side tape or a rubber pad under area rugs to keep them from sliding

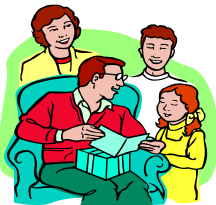
Avoid extension cords: It's easy to trip on extension cords

Use tub mats: Rubber pads in bathtubs help prevent slipping

Fasten safety belts: Always strap children into highchairs and strollers

Culturally Competent Health Care

We want members to get health care services that are best for them and culturally competent. Please contact Member Services and tell us if a member has any cultural needs that are not addressed.



WORD SEARCH QUIZ

Can you *FIND* the different reasons why you should go to the URGENT CARE?

C O L D I D Y P M F Q E S G
O H E A D A C H E W T A U Z
U D A F T B G J K E K R Q I
G L S K I N R A S H R I K T
H R G S J S T U C R O N I M
S O R E T H R O A T D F A Z
V P Q X H I Y S B I P E X Q
U P A U J W B K E R E C H D
F G T I C V U G H O Y T K S
Y P E U N I F B U D M I Z L
H F J U I S D O L B H O E A
L O W F E V E R D T W N Z U

* Sore Throat * Headache * Sprains

* Bugs Bites * Cough * Cold

* Minor Cuts * Low Fever * Ear Infection

* Skin Rash

Urgent Care facilities should be used to treat the above situations when you cannot see your PCP during normal hours, Monday – Friday (8:00 AM to 5:00 PM). Please call Member Services to locate the nearest Urgent Care provider.



All CMDP member materials are available in alternative formats and languages.

Translation and interpreting services are also available for members and foster caregivers.

These services are free of charge. Make your request by contacting Member Services, 602-351-2245, Toll Free 1-800-201-1795.

WEB SITES

Fetal Alcohol Syndrome:

There is a beautiful booklet developed for parents that explains Fetal Alcohol Syndrome, gives basic information, and provides resources beneficial to families, other caregivers, teachers and healthcare workers. **Fetal Alcohol Syndrome: A Parents Guide to Caring for a Child Diagnosed with FAS** is available under downloads at:

<http://www.otispregnancy.org>

On the Home Page of this web site, first click onto the "Quick Links" tab. It is located on the right side near the top of the page. When the dropdown list appears, click onto "Alcohol and Pregnancy Information". Then you can click onto the second paragraph on this page to view the 40-page booklet.

If you do not have Internet access please call the **Organization of Teratology Information Specialists (OTIS) AT 866-6266847.**

Free Hospital Mapping Service:

The **American Hospital Directory** has a free online healthcare service to provide the locations of hospitals in the United States of America. The web site offers information on each hospital listed in their directory. This service can be used as a reference guide to learn about hospitals in most areas of the country.

The web site address is <http://www.ahd.com/>



**Visit the CMDP Internet
Web site at:**

<http://www.azdes.gov/dcyf/cmdpe/>